



WINGSPREAD

Randolph and Rita

President visits to monitor response

By Michael Briggs
12th Flying Training Wing Public Affairs

The first President to visit Randolph in nearly 40 years made his visit a memorable one this past weekend by spending the night.

President George W. Bush arrived here on Marine One Saturday afternoon and left on Air Force One Sunday morning about 17 hours later.

Late last week, wing leaders got the news the President would make Randolph one of his stops on a three-day trip to monitor Hurricane Rita preparations and response operations.

The President arrived here from Austin after meeting earlier Saturday with Texas Emergency Operations Center officials.

His Randolph visit was the second stop in as many days at a military installation involved in Hurricane Rita operations. On Friday, the President visited U.S. Northern Command headquarters at Peterson AFB, Colo., where military support for storm-related operations was being coordinated.

At Randolph, he attended a briefing early Sunday at Headquarters Air Education and Training Command. Army Lt. Gen. Robert Clark, joint task force commander for Hurricane Rita, and Maj. Gen. John White, task force air component coordination element commander, briefed the President about the current status of post-hurricane military operations and emergency response lessons the military has learned since Hurricane Katrina struck the Gulf Coast region a few weeks ago.

JTF-Rita operations are being run from Fort Sam Houston where General Clark is commander of Fifth U.S. Army.

U.S. Northern Command directed Fifth Army to activate the task force Sept. 22 to command and control active duty military forces committed to Hurricane Rita relief operations in support of the Federal Emergency Management Agency and State of Texas.

"Part of the reason I've come down here, and part of the reason I went to NORTHCOM, was to better understand how the federal government can plan and surge equipment to mitigate natural disasters," President Bush said at the morning briefing. "And I appreciate very much, general, your briefing, because it's precisely the kind of information that I'll take back to Washington

See President on page 7



President George W. Bush waves goodbye to the crowd seeing him off on the flightline here Sunday before departing on Air Force One for Baton Rouge, La. (Photo by Michael Briggs)

Base swells with visitors

By Jennifer Valentin
and Bob Hieronymus
Wingspread staff writers

With an overnight presidential visit and arrival of several hundred hurricane-response troops occurring at the same time here last weekend, the base was a hub of activity.

With many units operating around the clock to conduct operations and support functions, wing leaders credited the entire team for pulling off the unprecedented welcome for the commander-in-chief and Joint Task Force-Rita forces.

"Team Randolph responded magnificently, with very little notice, to one of the most significant weekends of operations in base history," said Col. John Hesterman, 12th Flying Training Wing commander. "The execution for the President's visit and bed down of JTF-

Rita troops was flawless. Everywhere I went over the course of the weekend, I saw our entire team putting service to others before themselves, and settling for nothing less than world-class results."

JTF-Rita, based at Fort Sam Houston, was stood up by U.S. Northern Command Sept. 22 to command and control military forces committed to Hurricane Rita relief operations in support of the Federal Emergency Management Agency and State of Texas.

That activation led to Randolph receiving the first of more than 600 response forces as early as Sept. 22. By that time it was clear Hurricane Rita would not affect the San Antonio area, and Randolph was a prime location from which to stage troops for post-hurricane operations.

See Visitors on page 8



Senior Airman Ronald Arroyo attaches a 600-pound weight to the rescue cable of an HH-60 Pave Hawk near the south ramp for an operational test prior to a search-and-rescue mission over southern Texas Sept. 24. Airman Arroyo is a crew chief deployed to Randolph from the 920th Rescue Wing, Patrick Air Force Base, Fla. (Photo by Master Sgt Jack Braden.)

12th Flying Training Wing Training Status											
Pilot Instructor Training <small>As of Monday</small>			Navigator, EWO Students				Wing Flying Hour Program				
			562nd FTS		563rd FTS		Aircraft	Required	Flown	Annual	
Squadron	Seniors	Overall	CSO/NFO		CSO	Graduate EWO					
99th FTS	-1.0	-1.4	USAF	240	OPS	International	0	T-1A	10804.2	10880.9	12,034
558th FTS	2.6	-0.6	Navy	49	Advanced EW	EW Course	0	T-6A	15241.6	15465.2	17,290
559th FTS	-3.5	-1.1	International	3	Integration	Intro to EW	0	T-37B	8103.6	8050.4	8,444
560th FTS	-5.6	-3.6	Total in Training	292			0	T-38C	8896.8	8873.5	10,204
<small>Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.</small>			<small>Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.</small>				<small>The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.</small>				

AIR AND SPACE
EXPEDITIONARY
FORCE

As of Monday, 90 Team
Randolph members are
deployed in support of
military operations
around the globe

**“PROTECT
YOUR
WINGMAN”**

DUI...

**It’s a crime
not a mistake**

**Team Randolph’s
last DUI was
July 16, 2005**

Commander’s Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil




While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman
12th Flying Training Wing commander

Agency Contact Numbers

12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Straight Talk	652-7469
Transportation	652-4314



**Dedicated
June 20, 1930,
Randolph celebrates its
75th Anniversary in 2005**

Graphic by Michelle DeLeon

WINGSPREAD

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Gender perceptions play part in leadership credibility

By Col. June Gavron
12th Medical Group commander



There are inherent challenges to both men and women that are universal when it comes to assuming a leadership position. Women assuming leadership positions in civilian or military organizations often must overcome imbedded cultural obstacles, regardless of how effective a leader they may be. Women leading men and men leading women can and has been a source for both genders of frustration and resentment. Some would say it all comes down to biology. Men and women communicate, socialize and perceive the world differently. Women's past socialization experience impacted their leadership role in society. In the past girls for the most part, did not play team sports to the extent their male counterparts did. Males playing team sports learned how to win and lose and pull together to achieve a united goal. Competition was encouraged (both team and individual), players often knocked each other around or got angry during the course of the game, but resumed their good fellowship with one another after the competition was over. There were usually no hard feelings. Girls on the other hand often played if not alone – in small groups. They were not in competition, and there was usually not a particular goal other than to have fun and get along. It was about nurturing and good feelings. There were no confrontations, arguing was discouraged and certainly no physical assaults. Is it then, not unusual that when men and women work together as equals or

leading one another that there is a chance for misunderstanding? There can be a lack of consideration for one another's viewpoint and sometimes a desire not to mix in each other's world. Traditionally the male has been the individual most often in leadership positions for example, the chief executive officer of a company, a commander or the President of the United States. In the past 20 years there has been a tremendous increase in the number of successful women in powerful and influential senior leadership positions. Why have these women been successful? What did they do to become accepted and respected? You might say they adopted traits of our great military leaders. They took the time to study successful leaders. They came to understand the qualities needed to achieve their goals. Whether it was a business deal or strategic move to advance, they looked to see what motivated their peers to achieve, what they valued, how they supported one another and how they handled conflict. In short, they learned how to "play the game." Did that make them a success? No, it got them in the door. Once in the door, it was up to them to continue to assimilate and then combine the best of what they had learned with their own

"game rules." From this, emerged their respected leadership savvy and style. A successful working environment is not possible without absolute respect for each other's ability as well as embracing the differences between individuals and genders, and drawing upon those valuable differences at the right moment to solve a problem. Sometimes, both genders make the mistake of refusing to understand one another. When no attempt is made to appreciate the perception or philosophy of the same or another gender, then there is little hope for achieving collaboration in a business deal or joint venture. Achieving leadership credibility for both genders is no easy task; it often takes a long initial assessment period. If with every word, action and reaction you demonstrate you are collaborative, fair, honest, honorable, objective, mission focused and make your staff and their needs a priority, you will successfully establish your leadership credentials. Then those you lead will follow and support you in all endeavors. Guiding the changing operational and peacetime objectives as we move into the 21st century will depend more than ever on leadership to see through the surface issues, capitalize on effective communication and collaboration skills to develop goals and identify solutions and implement plans. Whether you're a male leader of females or a female leader of men, success is guaranteed if you take the time to understand one another, celebrate those differences, find the humor and treat everyone in the same fair and objective manner.

A birthday to remember – for a lifetime

By Maj. Dean Stuller
Air Force Personnel Center
squadron section commander

Many people seem to believe 40th birthdays are a big event in life, but prior to turning 40, I thought it just another birthday. Those thoughts changed recently, because my 40th will be the one birthday I will never forget. I thought of my birthday as one of those rare opportunities for me to disengage, indulge in some cake and ice cream, and accept in humble appreciation gifts from my wife and children. In the days preceding July 23, my 40th birthday, I really hadn't spent very much time reflecting on past birthdays. However, when I did look back, most birthdays weren't exciting or emotional, just appreciated and enjoyed. Little did I know what was around the corner. I stayed up late July 22 to watch a movie with my wife. About 1:30 a.m., as we headed for bed, I began to experience a significant pain in my chest that quickly intensified. After

just seconds, the pain radiated down the back of my arm sending me to my knees. I have a very high tolerance for pain and even though my wife knows this she knew the pain was more than I could handle and asked if she should call 911. However, being a stubborn man, I told her not to because I was sure it would pass. When the pain reached my hand and I began having difficulty breathing, I asked for some aspirin. My wife didn't ask again. She called 911. I wanted to argue but was in no shape to do so. I had made it into the bedroom, fallen and couldn't get up. When emergency medical services arrived they quickly took steps to get my heart under control and then hurriedly transferred me to Wilford Hall Medical Center at nearby Lackland. Upon arrival, the professionals in the emergency room immediately started evaluating my condition and administering treatment.

See **Lifetime** on page 3

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Wingspread online:
www.randolph.af.mil/12ftw/wing/pa/wingspread.htm

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Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Choosing to stay in Air Force after 20 years

By Master Sgt. Albert Lewis Jr.
325th Fighter Wing

TYNDALL AIR FORCE BASE, Fla. (AFPN) – About six years ago a fellow noncommissioned officer for whom I have a great deal of respect said, "I'm going to retire at 20 years because every day I work after 20 years I'm working for half pay."

My friend was referring to the retirement plan that pays half our basic pay at retirement in some form or fashion. I thought that statement made sense, and since I didn't want to be taken advantage of, I decided I, too, would retire after 20 years of service in the Air Force.

But the closer I came to 20 years, the more unsettled I became with my decision to retire. Each retirement ceremony I attended made me realize that one day I would be forced to say goodbye to the lifestyle I love. Once I acknowledged I really loved the Air Force way of life I wanted to evaluate

why I felt this way and justify why I've chosen to stay.

There are many reasons why I have chosen to stay longer than 20 years, but in the interest of time and space, I'll just share three with you.

I have found the Air Force to be a family-friendly organization that provides me a sense of a higher calling while adopting a set of values I am proud to strive to live up to.

From the top down the Air Force is truly focused on caring for the family. Over the past year I have heard our wing commander say on numerous occasions: "Family is first! Take care of your family."

Every day I wake up proud to think I contribute to one of the highest callings known to man, to preserve freedom for the human race. I am empowered with the thought that I am freedom's guardian. Whether I turn a screw on a jet or fix a computer, whether I flip a burger in the dining facility or flip a mattress in lodging, whether I process

performance reports or travel vouchers, whether I take control of a vehicle or a classroom, I am a part of the machine that keeps people free.

As freedom's guardian, I have a hand in every scientific, medical and technological breakthrough. Although I am proud of the mission I am tasked to accomplish, I am also humbled by the values I am expected to uphold.

The Air Force core values make us the envy of other organizations. I recall the first Airman Leadership School graduation my wife, Cheryl, attended six years ago when the guest speaker talked about our core values. Our drive home began in silence until I looked at Cheryl and asked what was on her mind. Almost in awe, she said, "Wow - Integrity First, Service Before Self and Excellence in All We Do."

It took me three weeks to learn those core values, and Cheryl memorized them after one graduation speech. My wife is a registered nurse

and works in the local community, and she said, "If my job adopted this set of values then we would have more motivated workers because everyone would strive for excellence, we would have more satisfied patients because the staff would be more concerned with the service they provide as oppose to their personal desires, and if we all displayed integrity, the staff would have a better working relationship because we would trust one another."

For the first time I saw our Air Force core values in the light they were meant to be seen. I have always known them, but I never really stopped to notice them.

Our Air Force is a family-friendly organization that provides a higher calling to its members and advocates a system of beliefs that I am proud to call my own. A wise man once said, "Love what you do for a living and you'll never have to work a day in your life." I still love what I do for a living.

Lifetime

Continued from Page 2

They weren't sure I was having a heart attack because I didn't fit the profile. I had good blood pressure, I'm healthy, active and relatively young, and there is no history of cardiac disease in my family.

Though the pain had diminished, the "nitro" they administered didn't seem to have the impact on my heart they expected. A short time later, the cardiologists determined I was having a heart attack.

They rushed me into the cardiac catheter lab, found the offending artery, performed angioplasty

and implanted a stent, re-establishing good blood flow. Upon further testing, nuclear medicine determined the damage was minimal.

But you know, there are a few lessons to learn here. First of all, don't hesitate to call 911 – a delay could cost your life! Also, remember fitness is about more than simply passing your next fitness test. It is a principle factor in determining your health and your longevity. The chief of cardiac interns at Wilford Hall said my current fitness level probably saved my life.

Though always physically active, I find it interesting I spent the last six months engaged in rigorous cardio training in an effort to do well on my fitness test. Little did I know I was also preparing for a heart attack.

And lastly, there is always much for which we should be thankful. In addition to thanking the Air Force for making me do the right thing, I owe a great debt of gratitude to the team of dedicated and exceedingly professional medical experts at Wilford Hall for the care they provided: the nursing staff on the ward that took good care of me post-op; the cardiac intensive care staff who took care of me immediately before and after the catheter work; and most certainly, the bevy of cardiac interns and their chief who did a great job getting things under control and resolved before my ticker decided to quit ticking. Most importantly I am thankful for my wife who was quick to respond to my needs and took the right actions even if her stubborn husband delayed her.

News

Base launches CFC campaign

By Jennifer Valentin
Wingspread staff writer

The 2005 Combined Federal Campaign kicked off here Sept. 19 and it will continue to run through Oct. 28.

The annual fund-raising drive gives about four million federal employees and service members the opportunity to contribute to more than 1,500 local, national and international non-profit organizations.

"We have a strong and enthusiastic team this year that is motivated to raise as much money as possible for the more than 1,000 agencies and

charities," said Capt. Troy McGath, Air Education and Training Command CFC project officer. "There are so many people that have been devastated and inconvenienced by the recent hurricanes and other tragedies, which motivates us to work harder to help the folks in need. Team Randolph has already shown in past years that they care about our world neighbors and we will do it again this year."

Last year, more than \$250 million was raised for the charities.

The campaign started in 1961, designated as the uniform fundraiser method for the federal service in 1971. Donors may designate which charity or

charities receive their money by filling out a pledge card, and contributions can be made with cash, a check or a payroll deduction.

"I was amazed at the turn out for this year's CFC kick-off breakfast – it was a great start to a very important campaign," said Tech. Sgt. Danielle Griffith, Air Force Manpower Agency CFC main keyworker. "I think we have it in us all to want to help others and I encourage everyone to give what they can, how they can, because every dollar helps."

For more information, visit the CFC Web site at www.opm.gov/cfc/.

The following is an actual testimony about how the Combined Federal Campaign can help:

I was stationed at Peterson Air Force Base in Colorado for just two months when the house I was renting was destroyed by an electrical fire in the middle of the night. I had three children under the age of 4, no renter's insurance, much to my regret, and no family within 2,000 miles.

Although we were able to procure billeting at the Air Force Academy, we had no food, clothes or household goods. Within hours of the fire, a CFC sponsored agency provided

us with vouchers to buy groceries and clothing items for our entire family. Then, over the course of the next month, they assisted us in locating a new home, for which they paid the first month's rent and deposit, getting beds for each family member, and locating free or very low cost furniture and housing items to fill our new home.

They also provided a disaster counselor to speak with two of my children to help them understand why this happened. Without their help I do not know how we would have made it through this very difficult and stressful situation.

– A master sergeant assigned to Randolph





2nd Lt. Adam Amaral
RC-135 (EWO)
Offutt AFB, Neb.



2nd Lt. Andrew Baker
C-130
Little Rock AFB, Ark.



2nd Lt. Brian Berg
MC-130H (EWO)
Hurlburt Field, Fla.



2nd Lt. Stephen Brown
RC-135 (EWO)
Offutt AFB, Neb.



Ensign Brian Canup
P-3
NAS Jacksonville, Fla.



2nd Lt. Monique Christian
RC-135 (EWO)
Offutt AFB, Neb.



2nd Lt. Andrew Colson
RC-135 (EWO)
Offutt AFB, Neb.



Ensign Brandon Colvin
P-3
NAS Jacksonville, Fla.



Ensign Brooke Desrochers
E-6
Tinker AFB, Okla.



2nd Lt. Frederick Flores
EC-130 (EWO)
Davis-Monthan AFB, Ariz.



Capt. Thomas Gagnon
C-130H
ANG, Cheyenne, Wyo.



2nd Lt. Bruce Grimes Jr.
EC-130
Davis-Monthan AFB, Ariz.



2nd Lt. Adam Harris
HC-130
Moody AFB, Ga.



2nd Lt. Jodi Henderson
MC-130P
Eglin AFB, Fla.



2nd Lt. Thomas Hinojos
B-52
Barksdale AFB, La.



2nd Lt. Thomas Hoffer
C-130H
St. Paul, Minn.



Ensign Eric Hotchkiss
P-3
NAS Jacksonville, Fla.



2nd Lt. Joshua Jensen
MC-130P
Mildenhall RAF, U.K.



2nd Lt. Dwight Jones
AC-130H
Hurlburt Field, Fla.



2nd Lt. Frank Laras
C-130E
Ramstein AFB, Germany



2nd Lt. Scott Lakin
RC-135
Offutt AFB, Neb.



2nd Lt. Charles Lowry
AC-130U
Hurlburt Field, Fla.



2nd Lt. Anthony McKinney
C-130
Pope AFB, N.C.



2nd Lt. David Monico
C-130
Pope AFB, N.C.



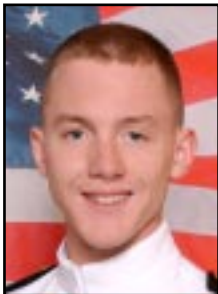
Ensign Douglas Smith
EP-3
Whidbey Island, Wash.



Lt. j.g. Marlin Smith
P-3
NAS Jacksonville, Fla.



2nd Lt. John Stephens III
B-52
Barksdale AFB, La.



Ensign Robert Stewart
P-3
NAS Jacksonville, Fla.



Ensign Gregory Stoddard
P-3
NAS Jacksonville, Fla.



2nd Lt. Charles Thomas
HC-130
Davis-Monthan AFB, Ariz.



2nd Lt. Michael Tonks
E-3
Tinker AFB, Okla.



Ensign Stephen Williams
P-3
NAS Jacksonville, Fla.



2nd Lt. Trigg Wold
E-8 JSTAR
Robins AFB, Ga.



2nd Lt. Douglas Wood
HC-130
Moody AFB, Ga.



CSO graduation today

Nine Navy and 25 Air Force aviators receive their navigator and naval flight officer wings during a combat systems officer graduation today at the officers club.

Col. John Hesterman, commander of the 12th Flying Training Wing, will present the graduates with their wings, and will also present four awards to the top graduates of the class.

The graduation speaker is retired Col. Clarence Lowry, managing director of the Southeast Region of LOGTEC, Inc. in Fairborn, Ohio.

Colonel Lowry is responsible for company projects that include modernization of Air Force logistics information systems.

Prior to his retirement from active duty service in 1997, Colonel Lowry was the commander of the Air Force

Logistics Management Agency at Maxwell AFB, Ala.

He entered the Air Force as a navigator student in 1968 and earned his wings at Mather AFB, Calif., in January 1969. After completing electronic warfare officer training, he was assigned to the 44th Tactical Fighter Squadron at Takhli Royal Thai Air Force Base and later Korat Royal Thai Air Force Base, Thailand, where he flew as a crewmember in the F-105F Wild Weasel.

He has 114 combat missions to his credit, most of them over North Vietnam, including participation in the November 1970 raid on the Son Tay Prison Camp. During that mission, his aircraft was hit by enemy fire en route back to his home station and he had to eject over hostile territory. Colonel Lowry and the other participants in the raid earned the Silver Star for their actions.

NEWS BRIEFS

TxDot Loop 1604 survey

To tackle traffic delays on Loop 1604 between Bandera Road in northwest San Antonio and Farm Road 78 near Randolph Air Force Base in northeast San Antonio, the Texas Department of Transportation is considering building dedicated express lanes in between the existing lanes on the highway.

The proposed lanes would be tolled and made available to both autos and trucks.

In order to give the public, including Randolph commuters, a chance to weigh in on the proposed expansion of Loop 1604, TxDOT is sponsoring a survey of drivers who use the road.

The survey takes 5-10 minutes to complete and can be accessed at www.surveycake.com/sanantonio/passwodr.asp.

Drivers may also see people at exit ramp intersections along Loop 1604 handing out paper copies of the survey that can be mailed back postage-paid.

RHS Students recognized

Twelve students at Randolph High School have been named AP Scholars by the College Board in recognition of their exceptional achievement on the college-level Advanced Placement exams.

About 17 percent of the more than one million students in 15,000 schools who took AP exams this past May performed at a sufficiently high level to merit recognition.

The students are Kristi Beauchemin, Emily Hostage, Kari Woodland, Tiffany Adams, Daniel Bullock, Nikita Cunningham, Charles Giattino, Stacia Larry, Jesse Lind, Christopher McCullough, Tiffany Morris and Andrew Touhill.

Jesse Lind was previously identified as being a National Merit Scholarship Program semi-finalist and Andrew Touhill was singled out as a "commended student." Semi-finalists placed in the top one percent and commended students placed in the top five percent of more than one million students taking the Preliminary Scholastic Aptitude Test/National Merit qualifying tests.

Entitlements recertification

People currently receiving special pay or entitlements, such as Hostile Fire Pay or Foreign Language Proficiency Pay, should review their leave and earnings statements regularly to confirm they are receiving the proper entitlements.

Certain entitlements must be recertified monthly or annually. People who need to recertify the entitlement or believe special pay has been incorrectly stopped should contact the military pay facility immediately.

For more information, call 652-1851 or visit <https://finance.randolph.af.mil>.

Periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics seeks additional patients with specific needs for treatment in the Periodontics Residency program. Applicants must be a military retiree, a dependent of an active duty member or of a retiree, and have been recently determined by a dentist to have an existing periodontal condition.

For details, call 292-7273 after noon.

Core value posters available

The 12th Flying Training Wing Public Affairs office has a limited supply of full-size Air Force core value posters.

People can pick up the lithographs at the PA office in the basement of the Taj Mahal while supplies last.

Base telephones going to 7-digit dialing system

By Bob Hieronymus
Wingspread staff writer

All telephones on Randolph will be going to seven-digit dialing starting at the close of business Oct. 7.

The conversion should be complete by the time people come in to work on Oct. 11, said Curt Ostrander, 12th Communications Squadron telephone systems manager.

The old system of dialing a "7" or "5" and four digits will be a thing of the past as the base telephone systems are integrated into larger systems encompassing the entire community, Mr. Ostrander said.

To call people in the Air Force Personnel Center or the Air Force Recruiting Service, people should dial "565" plus the usual four-digit extension. All other calls on Randolph will be made by dialing "652" and the usual four-digit number.

When calling people in the San Antonio area, including people at the other military installations in this area, it will be necessary to dial "99" and then the seven-digit number.



Dean Burson, 12th Communications Squadron, installs a control card into the base switch system. (Photo by Melissa Peterson)

7 on the Seventh Seven - Digit Dialing Plan



Effective COB Oct. 7

Randolph Base: 7-XXXX will be 652-XXXX

Air Force Personnel Center & Air Force Recruiting Service: 5-XXXX will be 565-XXXX

Brooke Army Medical Center will now be 99,916-XXXX

Brooks City-Base: 4-XXXX will be 99,536-XXXX

Fort Sam Houston will be 99,221-XXXX

Lackland Base: 3-XXXX will be 99,671-XXXX

Lackland Air Intelligence Agency: 6-XXXX will be 99,977-XXXX

Wilford Hall Medical Center: 2-XXXX will be 99,292-XXXX

In accordance with AF133-111, paragraph 38.1, Randolph will transition to a seven-digit intra-base dialing plan. Effective at the close of business Oct. 7, people making on-base calls will be required to dial the full seven-digit number vs. the current five-digit number as outlined in the table above. For calls placed to any other military base in the San Antonio area, the user will have to dial "99" followed by the seven-digit number.

Although the transition to the new dialing plan should be transparent, customers encountering problems can call the 12 CS for assistance at 652-2015, option 1.

Personal security jump starts force protection

By Jennifer Valentin
Wingspread staff writer

After the Airman finishes his duty day, he drives through the gate and is on his way to the highway. His mind is racing, thinking of all of the errands he has to do before the day is through. He stops off at the grocery store, visits the bank and the post office, and then picks up a pizza before he finally pulls into his apartment complex.

Little did he realize, however, that he tossed his ID card on the passenger seat, and it is now sitting along side his wallet that he forgot to take inside with him because he was preoccupied.

As a shady figure walks through the apartment parking lot a few hours later, peering into windows of the cars he passes by, he hits the jackpot - a wallet and ID card right there in plain view.

A few minutes later, as the Airman gets comfy on his sofa to watch a movie and settle in for the night, he realizes he left his wallet and ID in the car. He rushes out his front door only to find all of his stuff is gone out of his car.

This doesn't only cost the Airman the lost money in his wallet and the time to make phone calls to his credit card companies, but the shady figure who took his stuff could use the ID card to gain access to bases, and possibly cause trouble much worse than what the Airman is currently facing.

How can this mistake be avoided?

"Never leave your ID in your car, on your desk or anywhere by itself," said Master Sgt. Richard Sherman, 12th Security Forces Squadron operations superintendent. "You should always have it with you."

Valuables should never be left in plain view, even if the car is locked, according to the National Crime Prevention Council Web site. They should be put in the trunk, out of sight or taken out of the vehicle. Personal identification documents should never be left in the car either and people should limit the cash or credit cards they carry with them.

"If you leave valuables such as a wallet or purse in plain sight in your vehicle, it provides an opportunity to would-be thieves," Sergeant Sherman said. "You should treat your identification card as if it were thousands of dollars."

The car's windows and doors should be locked, even if it's in front of the person's home, according to the NCPC. Cars should always be parked where it is well-lit.

"People should also consider varying their daily routine," the sergeant said. "So if someone is following them and watching where they go every day and looking for a good time to strike, they won't give the thief an opportunity to do so."

Some people have a false sense of security being on base, and think they are immune to the bad things that can happen off base, added the sergeant. For the most



According to the National Crime Prevention Council Web site, valuables should never be left in plain view, even if the car is locked. They should be put in the trunk, out of sight or taken out of the vehicle. (Photo by Jennifer Valentin)

part, that is true, however, thefts have occurred on base. People need to be aware of what is going on around them and take every opportunity to protect their valuables, whether on or off base.

"Having good situational awareness is the key to being secure," Sergeant Sherman said.

Randolph seeks new ambassadors

The search for two ambassadors to represent Randolph Air Force Base in the San Antonio community in 2006 is now underway.

Randolph Ambassadors represent the base at a variety of activities throughout the year such as hospital visits, community parades, dedication ceremonies and receptions.

Ambassadors traditionally begin their responsibilities with the annual visit to the Audie Murphy Veterans Hospital in February.

The ambassadors will also have an opportunity to help kick off the 115th year of Fiesta San Antonio that celebrates Texas' independence and the city's cultural diversity. Their duties

during the annual 10-day celebration play a large part in the military's outreach efforts in the community. The 2006 Fiesta runs April 21-30.

Randolph active duty military and Department of Defense civilians are eligible to apply. Applicants must be at least 21 years of age as of February 2006 and assigned here through September.

Commanders or supervisors must also nominate candidates.

A selection panel will interview the candidates Dec. 9 and select two ambassadors, one man and one woman, based on appearance, bearing, communications skills, and general knowledge of San Antonio and the Air Force.

All applicants are encouraged to coordinate with commanders and supervisors to ensure duty schedules will permit participation in all activities, and that no obligations, such as planned temporary duty assignments, school and other personal issues, will prevent them from performing ambassador duties.

The best advice the current ambassadors, 1st Lt. Zarine Malesra and 2nd Lt. Grant Hosmer, have for those interested in applying for the position is to be flexible and realize that the job requires dedication, motivation and commitment.

"I feel by serving as an ambassador I was able to experience a once-in-a-lifetime opportunity," Lieutenant Malesra said. "If I had the chance to do it all again I would in a heartbeat."

The most rewarding part of this program is the opportunities it provides to interact with the community, Lieutenant Malesra said.

"The visit to the Audie Murphy Veteran's Hospital and interacting with veterans was one of the most highly rewarding experiences I have ever had," she added.

Randolph members interested in applying as an ambassador can pick up an application at the wing public affairs office in the west basement of the Taj Mahal, Building 100.

For more information, call 652-4407.

Mission complete



Back from a mission supporting Joint Task Force-Rita are Combat Rescue Officer Capt. Patrick O'Rourke, from left, from Davis-Monthan AFB, Ariz., and Pararescuemen Master Sgt. Michael McBee and Tech. Sgt. Curtis Andes, both from Nellis AFB, Nev. These aircrews staged out of Randolph for missions into southeastern Texas and southwestern Louisiana to rescue people affected by Hurricane Rita destruction and flooding. (Photo by Steve White)

No time to play around

Medics transform 'Toy Land' into medical treatment facility

By Master Sgt. Lee Roberts
12th Flying Training Wing Public Affairs
deployed

ELLINGTON FIELD, Texas – The Texas Air National Guard stood up Task Force Compassion here to provide Hurricane Rita evacuees medical support and to evacuate non-critical patients from overburdened local hospitals.

Task force Airmen and Soldiers began setting up a 10-bed medical treatment facility overnight in Ellington's abandoned base exchange and opened for business Sept. 26.

The treatment facility consists of 47 medics from the 147th Medical Group here, the 149th MG at Lackland Air Force Base, Texas, the 136th MG at Naval Air Station-Joint Reserve Base Fort Worth and the Army National Guard Support Medical Battalion in San Antonio.

"If you go in there now, you'll be surprised because there is still a sign on the wall advertising Toy Land. Next to it is a sign that says 'Intensive Care Unit,'" said Maj. (Dr.) Richard Bradley, assigned to Ellington.

"It's a playful anecdote given our medical teams aren't playing around," he said. "They are working very hard around the clock to transform Toy Land into an efficient treatment facility."

Ensuring the facility is clean and



Second Lt. Rose Russ (right) and Senior Airman Kelly Smith sort and stock medical supplies here while transforming an abandoned base exchange facility and Toy Land into a 10-bed medical treatment facility. Both are members of Task Force Compassion established in support of the Hurricane Rita relief effort. (Photo by Master Sgt. Lee Roberts)

meets medical hygiene standards is a monumental task by itself, the major said. Nonetheless, medical personnel are installing beds and basic essentials. And they are setting up for clinical operations such as X-ray, laboratory

and transport services.

Major Bradley stressed that medical missions are being accomplished as quickly as possible in preparation for the expected arrival of patients. But with such an experienced team, he

doesn't expect any major delays in standing up operations.

Senior Airman Kelly Smith, a 149th MG medical technician, arrived late Sept. 26. Having just worked at a field hospital in New Orleans after Hurricane Katrina, she knows how vital this hospital is in a pinch.

"I know from personal experience that our field hospital allows us to help the people who need it most," Airman Smith said. "I know when I'm able to do something for somebody that's making their life a little bit better, it's satisfying."

More medical personnel will begin arriving soon to support the task force. They will come from medical groups in Arizona, California, Massachusetts, Minnesota, Montana, New York, Ohio, Virginia and Wisconsin.

According to Lt. Col. Danny Davis, commander of Task Force Compassion, the medical contingent has been busy doing other things.

Medics set up an expeditionary support team, aeromedical staging facility and an aeromedical evacuation liaison team to help handle patients. The colonel said military and civilian authorities are routing patients to other medical facilities throughout the region.

The colonel said medics are also accepting patients from the affected areas of the Texas-Louisiana border if beds are unavailable in Houston-area hospitals.

Hurricane rescue missions save lives

By Bob Hieronymus
Wingspread staff writer

Since arriving here Sept. 23, rescue teams staging out of Randolph have made 10 "saves" and took part in five "assists" as of press time.

A "save" is an operation in which a person is actually airlifted out of harm's way into a hovering helicopter. An "assist" is a situation in which the pararescuemen are landed on the scene, evaluate and treat a person, and then turn the subjects over to ground-based emergency crews.

The flights are being conducted by the 347th Aerospace Expeditionary Group, which is an element of the Joint Search and Rescue Command Center at Tyndall AFB, Fla.

The group is conducting operations as an element of Joint Task Force-Rita. Task force headquarters at Fort Sam Houston was stood up by U.S. Northern Command Sept. 22 to command and control military forces committed to Hurricane Rita relief operations in support of the Federal Emergency Management Agency and State of Texas.

Col. Mark Noyes, 347th AEG commander, said as response operations unfolded, the team here included about 300 active duty and Reserve aircrews, pararescuemen and various support people.

He said Monday the members of the group will most likely complete their work by the end of the week and then return to their home stations.

Overall, the Air Force tasked 91 aircraft and about 800 service members in support of Hurricane Rita response efforts.

Of that total, 13 HH-60 Pave Hawk helicopters and HC-130 refueling aircraft arrived here from Moody AFB, Ga., Patrick AFB, Fla., Davis-Monthan AFB, Ariz., and Nellis AFB, Nev. As of Monday afternoon, crews had flown 94 missions out of Randolph into their assigned search areas south and east of Houston and western Louisiana.

The 250-mile flight to the search areas made it necessary to refuel in flight in order to have adequate fuel for search operations.

One particularly memorable mission, Colonel Noyes said, was to help the people from a convalescent home in Fred, Texas.

"They were in dire straits when they called for help," the Colonel said. "I have no doubt that without the skills our people brought to the scene, some of those patients would not have survived."

First Lt. Jay Casello, home-based with the 38th Rescue Squadron at Moody AFB, was one of the combat rescue officers on the scene in Fred.

"When we arrived, I just sort of automatically went into the mental checklist we've been trained to use" he said. "But this was different from other rescue operations I've been on, because there were 83 elderly patients who had been moved out of the nursing home into a school gymnasium and the electric power was out. There was no air conditioning and the people were suffering."

He said the rescue team had eight Air Force HH-60 Pave Hawk helicopters and one Army medical evacuation helicopter at the school. That meant the on-scene commander had the extra challenge of coordinating people from two military services and the civilian nursing home staff.

"We had 30 pararescuemen and seven combat rescue officers in the operation," Lieutenant Casello said. "We started a triage operation and determined that 15 of the patients needed air evacuation. The others were moved by ambulances that had begun to arrive."

The situation in the aftermath of Hurricane Rita was significantly different from that of Hurricane Katrina, a month earlier, Colonel Noyes said. In the earlier storm, search and rescue crews saved more than 4,300 people, many of them picked up by hovering helicopters. Many of the team here also participated in the Katrina operation, he said.



Senior Airman Ronald Arroyo watches an HH-60 helicopter descend near the south ramp here after an operational winch check prior to a search-and-rescue mission Sept. 24. Airman Arroyo is a crew chief assigned to the Air Force Reserve's 920th Rescue Wing, Patrick Air Force Base, Fla. (Photo by Tech. Sgt. Jason Tudor)

"The Special Operations forces are equipped and ready to go anywhere in the world to serve our national security requirements, but it's a special privilege to be able to use our limited resources to help fellow Americans in a crisis situation," the colonel said.

In addition to the missions flown from here, the Air Force flew OC-135 and U-2 reconnaissance aircraft to determine the extent of hurricane damage. Civil Air Patrol squadrons from Stinson Field in San Antonio and from Addison, Texas, also contributed 12 aircraft and 20 aircrews to post-hurricane operations.

President

Continued from Page 1

to help all of us understand how we can do a better job in coordinating federal, state and local response."

After the briefing, the President attended chapel services with members of the Randolph congregation in Chapel 1 before leaving San Antonio for Baton Rouge, La., where he received further updates about response and recovery operations in the hurricane-affected area along the U.S. Gulf Coast.

"I didn't know until Sunday morning on my way to chapel that the President was in town," said Chaplain (Capt.) Daniel Giorgi, who delivered the sermon at the service President Bush attended.



"Part of the reason I've come down here, and part of the reason I went to NORTHCOM, was to better understand how the federal government can plan and surge equipment to mitigate natural disasters."

George W. Bush
President of the United States

While he admitted he was nervous delivering a sermon to the "most powerful man on earth," Chaplain Giorgi said it was a great privilege and honor for him and the entire

Randolph congregation that the President chose to worship with them.

He said his sermon Sunday covered the biblical account of Noah after the

flood, which was appropriate in light of the purpose of the President's visit and the military response to Hurricane Rita.

While the President was here, Randolph was also serving as a staging base for helicopters and aircraft that are flying search-and-rescue missions along the Gulf Coast about 200-300 miles east of here. Active duty and Air Force Reserve aircrews launching from here made up one component of the humanitarian-relief team that combined forces from the military services and local, state and federal agencies.

President Bush's visit was the first since another President from Texas, Lyndon Johnson, visited Randolph in June 1967, according to archived photos in the Lyndon Baines Johnson Library and Museum.



President George W. Bush speaks with Col. John Hesterman (from left), 12th Flying Training Wing commander, Susan Reed, Bexar County District Attorney, Army Lt. Gen. Robert Clark, 5th Army commander, and Gen. William Looney, Air Education and Training Command commander, upon his arrival at Randolph Saturday afternoon. (Photo by Steve White)



President George W. Bush greets Chaplain (Capt.) Daniel Giorgi following services Sunday morning at Chapel 1. Gen. William Looney, commander of Air Education and Training Command and his wife, Marilyn, attended the service with the President. (Photo by Michael Briggs)

Visitors

Continued from Page 1

At about the same time, word came that the President would make a trip to Randolph to get an update on JTF-Rita operations. That meant an additional group of more than 150 people would need lodging and other accommodations here, not to mention the security, protocol, media escort, transportation and other requirements that needed to be coordinated for a presidential visit.

The team took it in stride, Colonel Hesterman said, and quickly went about the business of developing and executing a two-pronged approach to welcome both the President's group and JTF-Rita forces.

With more than 750 people coming to the base, lodging them all posed a challenge.

"Services provided lodging rooms for the President and his staff," said Terrye Heagerty, 12th Services Division director. "The President and his staff stayed in Building 110, while Building 863, a vacant dormitory, and empty units in West Wherry housing were opened up to the troops."

Randolph lodging facilities were still housing about 10 families Monday who had been evacuated from the path of Hurricane Rita. Officials estimated the number of families was expected to drop quickly this week as people headed back home.

Services also provided breakfast, dinner, boxed meals, water and other food supplies to the troops and the Presidential staff, Ms. Heagerty said.

"The dining facility expanded its hours to include a midnight meal for the troops who were staying in West Wherry housing," she added. "We wanted to make everyone feel as comfortable as possible."

The entire visit went extremely well, Ms. Heagerty added.

"The feedback we received was awesome," she said. "The President's staff said they have never seen him so relaxed."

Without funding, none of the support would have been possible over the past weekend.

As of Monday, contracting officials had procured necessities such as 50 rental vehicles, 600 cots and linens.

"Getting the funds together was definitely a team effort," said Tech. Sgt. Susan Brett-Farnsworth, 12th Contracting Squadron. "Every military member within the squadron was involved in this endeavor."

The items that were acquired were basic needs, but without them the visit of the troops and the President wouldn't have gone as smoothly as it did.

"New linens, for example, had to be brought in to the lodging area for the Secret Service members, while new linens also had to be taken to the empty dorms," Sergeant Brett-Farnsworth added.

Once the additional vehicles were rented, it was up to the 12th Logistics Readiness Division to get the vehicles and fuel to support the expanded fleet.

"We provided fuel for the President's aircraft, helicopters and the motorcade as well," said Harold Keyes, deputy director and chief of supply for the 12th Logistics Readiness Division. "Everywhere on base they went, we and this entire wing made sure they had the resources available to them."

The logistics team also got the troops from the flightline to the inprocessing center using buses and handled all the cargo movement requirements for the President's team and JTF-Rita forces, Mr. Keyes said.

While the communities in Rita's path had about three days' warning to move out, the people on Randolph who set up facilities for the military response teams had about one hour's notice, said Lt. Col. Chris Kugel, a 12th Mission Support Group



HH-60 Pave Hawk helicopters from the 347th Rescue Wing, Moody Air Force Base, Ga., and the 920th Rescue Wing, Patrick Air Force Base, Fla., depart Randolph on a search and rescue mission Sept. 24. That night, crews made five rescues and assisted in six others in the area of southwest Louisiana affected by Hurricane Rita. (Photo by Master Sgt. Jack Braden)

deputy commander, who led 12th MSG's operations for setting up housing and dining, arranging for vehicles to support the teams, and activating the emergency operations center, among a host of other items.

The operations center at the Full Spectrum Threat Response facility on the southwest side of the base is serving as the hub of Randolph-based JTF-Rita operations.

Col. Mark Noyes, commander of the 347th Aerospace Expeditionary Group operating from here, arrived with the first wave of the team Sept. 23. The 347th AEG is an element of the Joint Search and Rescue Command Center at Tyndall AFB, Fla.

"The support we received from the people at Randolph has been phenomenal and it allowed us to continue our support to the victims of the hurricane without interruption. We were amazed that the Randolph people could not only support us but also support the presidential visit at the same time. That's truly awesome."

Col. Mark Noyes
347th Aerospace Expeditionary Group
Commander

Although the number of people fluctuated as response operations unfolded, the team here included about 300 active duty and Reserve aircrews, pararescuemen and various support people.

Colonel Noyes said Monday the members of the group will most likely complete their work by the end of the week and return to their home stations.

"The support we received from the people at Randolph has been phenomenal," Colonel Noyes said, "and it allowed us to continue our support to the victims of the hurricane without interruption. We were amazed that the Randolph people could not only

support us but also support the presidential visit at the same time. That's truly awesome."

Although the group arrived with crew chiefs and support personnel for their own aircraft, the 12th Maintenance Directorate provided aerospace ground equipment and kept a maintenance operations center available on a 24-hour-a-day basis during the first few days of rescue missions.

One of the most critical aspects of the weekend's operations was security. Everywhere the President went, he had security with him provided by his Secret Service staff and the 12th Security Forces Squadron.

"We played several roles while the President visited the base," said Capt. Vanessa Hayes, 12th Security Forces Squadron operations flight commander.

The 12th SFS provided 24-hour security for Marine One, Air Force One, the President's motorcade and quarters, Captain Hayes said.

Security forces also had to set up the blockades and determine routes for the motorcade to travel.

"Security Forces greatly appreciated the public's support and understanding," she said. "We blocked several roadways and asked folks to keep their distance during the many motorcades, and everyone was extremely cooperative making our jobs that much easier."

The 12th Medical Group was also prepared for the swell of visitors to the base.

"We had a primary care team on standby all weekend to respond to any medical needs that the troops coming may have had," said Col. June Gavron, 12th Medical Group commander. "We also had an ambulance response team present during the presidential visit."

Evening manpower teams were standing by in the clinic on 12-hour shifts over the weekend in case they were needed, Colonel Gavron said.

"The support from the base during this past weekend's events was top-notch. All of the groups worked together and everyone pitched in to help," said Col. William Watkins, 12th Flying Training Wing inspector general, who led the wing's operations to support JTF-Rita forces. "Our training mission is important, but not normally time critical. However, the mission this past weekend was. We were able to help the people who are helping other people in their time of need."

Ready ... aim ... fire!



Staff Sgt. Ray Murray, 12th Security Forces Squadron, takes careful aim at his 10-meter target with the M-9 handgun as part of his regular semi-annual re-qualification. (Photos by Steve White)



Tech. Sgt. Duke Soriano, temporarily on duty here from the 149th Air National Guard Wing, briefs a group of Randolph Airmen on safe procedures to use while on the range.

More bang for the buck ... Serious shooting for serious people at the base shooting range

By Bob Hieronymus
Wingspread staff writer

"Is the line ready? The line is ready! Fire!"

Staff Sgt. John Grindel's call is clear and full of authority. There is no room for carelessness on the 12th Security Forces Squadron firing range.

The shooters raise their weapons and targets start to disintegrate under a steady hail of bullets.

Tech Sgt. Jimmy Wager, 12th Security Forces Squadron, sees to it that the first priority on the Randolph shooting range is safety. The five instructors train more than 1,600 people each year and more than 170,000 rounds of ammunition are expended, so keeping the range safe is a big job.

The Randolph range was completely rebuilt in 1996 and made lead-free in 2000. Its seven 25-meter lanes are as environmentally clean as a range can be. The "frangible" bullets used are made of a tungsten alloy that disappears in a puff of dust when the rounds hit the ground or a target, Sergeant Wager said.

The backstops behind the targets include a bullet trap that captures the frangible fragments and vacuums them into a container for later disposal.

Marksmanship training today consists of a three-hour class and two hours of shooting time on the range. The basics of the course are included in the current edition of the Airman's Manual, issued to every service member, so there should be no surprises for anyone, Sergeant Wager said.

The qualification course includes shooting while wearing the gas mask and also shooting to overcome an enemy wearing protective body armor. These are new requirements that have been developed since the increase of terrorist threats, he said.

Most Air Force members shoot for qualification every 30 months, but people whose regular duties require them to carry a weapon may shoot every six months. The range here is used for the M-16, M-4 and GUU rifles and the M-9 handgun. When the base security forces people need to shoot heavier weapons, they go to Camp Bullis where field ranges are available.



Capt. Mark Davis, 12th Operations Support Squadron, counts holes in his target after firing the first round of shots with the M-9 handgun. The reusable target frame shows the results of many previous shooters who peppered their targets with many effective and a few stray shots.



Learning the proper technique for reloading M-9 ammunition magazines is as much a part of the training as stripping and cleaning the weapons after shooting.

Getting Physical

Physical therapy bends over backwards for its patients

By Jennifer Valentin
Wingspread staff writer

With about 600 patient visits each month seeking treatment and relief from their pain, the Randolph Physical Therapy Clinic uses a variety of regimens and equipment to help them feel better.

The physical therapy clinic has two physical therapists and three technicians on staff who provide services to help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities of patients suffering from injuries or disease.

"Our patients include accident victims, athletes and individuals with disabling conditions such as lower back pain, arthritis, fractures, head injuries and post-surgical conditions," said Capt. Jon Sams, physical therapist.

Before starting any treatment, the clinic staff examines the patients' medical history and then tests and measures their strength, range of motion, balance and coordination, posture, muscle performance and motor function, added the captain.

"We then determine the patients' ability to be independent and go back into the community or workplace after injury or illness," Captain Sams added. "Next, we develop treatment plans prescribing a treatment strategy, its purpose and its anticipated outcome."

Tech. Sgt. Tracy Huffman, Senior Airman Zach Coyner and Airman 1st Class Emily Weber, physical therapy clinic technicians, are involved with implementing treatment plans for patients. They also perform routine tasks like booking appointments, answering phones and stocking the equipment room, said the captain.

"The technicians are the backbone of the clinic and work exceptionally hard to provide excellent care," Captain Sams said.

Physical therapy begins with an examination by a physical therapist who can determine a diagnosis and develop an "evidence based" treatment plan. Treatment often includes mobilization or



Tech. Sgt. Tracy Huffman, physical therapy clinic technician, helps Maj. Jerry Esquenazi, a T-6A instructor pilot here on base, with his therapy during his recovery from a broken leg. (Photos by Jennifer Valentin)

manipulation, and exercises for patients who are immobile and lack flexibility, strength or endurance.

"We encourage patients to use their own muscles to increase their flexibility and range of motion before finally advancing to other exercises that improve strength, balance, coordination and endurance," the captain said. "The goal is to improve how an individual functions at work and at home and give them the tools necessary to prevent future problems."

The clinic staff also uses modalities such as electrical stimulation, hot and cold packs, iontophoresis and ultrasound to relieve pain and reduce swelling. They may use pelvic or cervical traction to decrease stiffness and relieve pain in the neck or low back.

Active duty members and other beneficiaries with neuromusculoskeletal dysfunctions are allowed to use the physical therapy service upon referral from a primary care manager or other specialty service. Certain conditions may be referred to a medical center or civilian physical therapist if the base clinic does not have the capability or resources to accommodate a specific problem.

"We also teach patients to use assistance and adaptive devices, such as crutches, prostheses and wheelchairs," Captain Sams added. "We can also show patients exercises to do at home to speed their recovery. Athletic-specific musculoskeletal taping techniques to certain joints like the ankle and knee are also available."

As treatment continues, the staff documents the patient's progress, conducts periodic examinations and modifies treatment if needed.

Maj. Jerry Esquenazi, a T-6A instructor pilot here on base, has been going to physical therapy regularly since he broke his leg about seven weeks ago in a car accident.

"Having never dealt with the physical therapy process before, I didn't know what to expect," Major Esquenazi said. "The staff at the clinic has been fantastic. They are very knowledgeable and I can definitely feel the effects of the therapy working after each session."

The most common type of pain needing treatment at the physical therapy clinic is lower back pain, Captain Sams said. Four out of five adults experience back pain at least once in their lifetime.

According to clinic officials, even though back pain is rarely life-threatening, back injuries are the leading cause of work-related disability. In the U.S., the annual cost of lost productivity, medical expenses and workers' compensation is billions of dollars.

"With the Air Force fitness standards in place, the clinic has had an increase in consults for various lower extremity injuries," Captain Sams said. "Most injuries are due to improper training and are preventable. However, as the Air Force continues to push toward a more fit service, more people are making positive lifestyle changes."

To prevent injury and keep old injuries from coming back, Captain Sams recommends people develop a healthy consistent exercise routine.

"Unfortunately, too many people try to get in shape just to pass their fitness test and they end up doing too much too soon and suffer an injury," he said. "People who maintain their level of fitness over a lifetime suffer less injury and have a better overall quality of life."

Physical therapy clinic hours are Monday through Friday from 7:30 a.m. to 4:30 p.m.

For more information, call 652-3137.



Master Sgt. Michele Tennyson, Air Education and Training Command, stretches her thigh.

Senior Airman Zach Coyner, physical therapy clinic technician, helps patient Marianne Arrendell use a ball and stretching equipment to strengthen her back, shoulders and stomach.



Colorful plates equal healthy eating habits

By Jennifer Valentin
Wingspread staff writer

It's almost time to head out of the office and home for an evening with the family. Thinking of what to have for dinner, you know everyone is tired of take-out food. Plus, it's not very healthy.

So why not stop by the grocery store and pick up some colorful food to make the meal healthier?

People can make a lifestyle change in the right direction by eating fruits and vegetables daily.

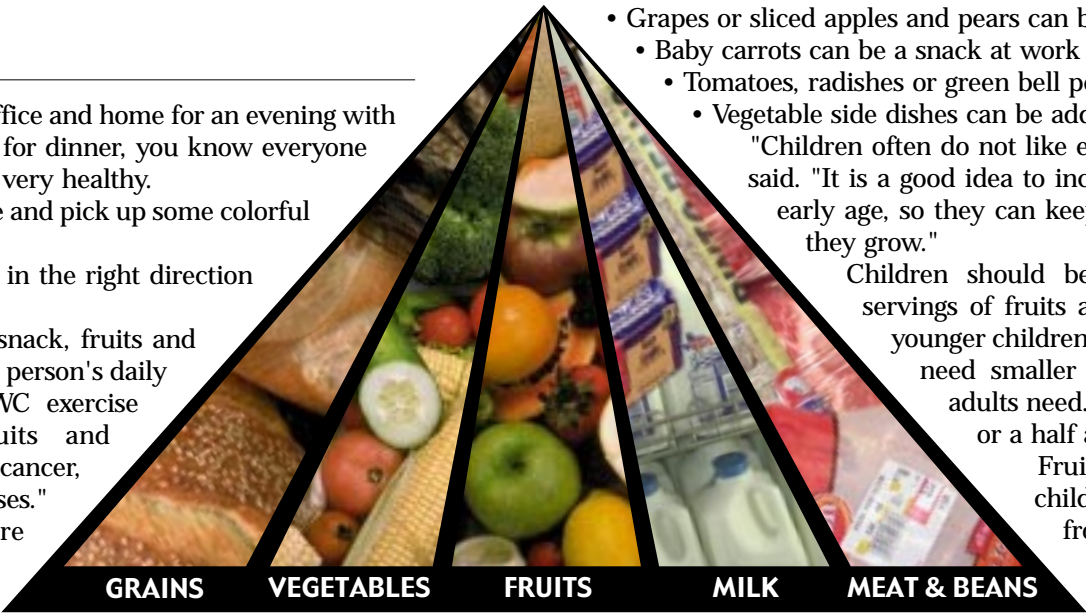
"Whether it's with a meal or as a snack, fruits and vegetables can be a great addition to a person's daily food intake," said Kim Houk, HAWC exercise physiologist. "Diets high in fruits and vegetables can help reduce the risk of cancer, heart disease and other chronic diseases."

Most fruits and vegetables are naturally low in fat, and they're filling, so they're a good part of a healthy diet, Ms. Houk added.

According to the new food pyramid guidelines, at www.mypyramid.org, the leading health authorities are encouraging Americans to eat five to nine servings of fruits and vegetables every day, especially those that are different colors, or dark green and leafy.

Ms. Houk said there are many ways to incorporate fruits and vegetables into meals:

- Fruit such as sliced bananas or berries can be added to cereal or oatmeal
- Fruit or fruit salad can be a dessert
- Frozen or canned fruit can be kept readily available as a side dish



- Grapes or sliced apples and pears can be added to chicken salad
- Baby carrots can be a snack at work
- Tomatoes, radishes or green bell peppers can be added to tuna salad
- Vegetable side dishes can be added to take-out dinners

"Children often do not like eating fruits or vegetables," Ms. Houk said. "It is a good idea to incorporate them into their meals at an early age, so they can keep the good habit of eating healthy as they grow."

Children should be encouraged to eat five or more servings of fruits and vegetables per day, however, for younger children ages two to three years old, they may need smaller servings, such as half the servings adults need. A serving could be one piece of fruit or a half a cup of vegetables.

Fruits and vegetables can be made fun for children to eat, using a variety of ideas from the Centers for Disease Control and Prevention.

Frozen kabobs can be made for snacks using pineapple chunks,

bananas, grapes and berries. Children can create a 'masterpiece' on their plate using carrots and celery for flowers, cauliflower for clouds and yellow squash for the sun, or take the children shopping and let them help pick out vegetables and fruit by letting them see the different colors and shapes.

"Fruits and vegetables provide necessary vitamins, minerals and other substances to help promote good health," Ms. Houk said. "They should try to be incorporated into every meal daily."

For more information, call 652-2300, or visit www.cdc.gov or www.mypyramid.gov.

Dirty hands ... beautiful lands

Local Scouts observe National Public Lands Day at Canyon Lake

By Jennifer Valentin
Wingspread staff writer

The 12th Annual National Public Lands Day was observed Saturday at Canyon Lake.

Team Randolph members, as well as local Boy Scouts, spent part of their weekend planting a variety of flowers to make the Canyon Lake area more appealing.

"The purpose of the event is to re-establish native wildflowers to Canyon Lake," said Matt Kramm, natural resources manager.

The flowers planted during the event were native to the area before construction and development started at Canyon Lake and help attract wildlife such as birds and butterflies, Mr. Kramm added.

A local Boy Scout troop, Troop 405 from St. Luke's, did the honors of planting the flowers.

Steve Kelly, civil engineer division pest management technician, helped organize the event and coordinate the Boy Scout assistance.

They planted such varieties as the Texas Bluebonnet, Black-eyed Susan, Indian Blanket, Lemon Mint, Showy Primrose, Tickseed, Mexican Hat, Plains Coreopsis,

Clasping Coneflower and Tall Poppy Mallow.

"We chose these specific flowers because they help prevent soil erosion and they are becoming very popular as a landscape alternative, because of their color and natural beauty," Mr. Kramm said.

National Public Lands Day is promoted by the Department of Defense Legacy Resource Management Program, which provided funds to support the Canyon Lake project.

"This is the first time we have done this kind of event at Canyon Lake. We hope to make it an annual event to promote the beauty of the area and the positive effects of planting new flowers every year," Mr. Kramm said. "The Boy Scouts said the benefits of planting the flowers is that not only are they beautiful, but they invite more people to the area."

Last year, volunteers built trails and bridges, planted trees and plants, and removed trash and unwanted plants, through the National Public Lands Day projects, according to www.npld.com.

National Public Lands Day started in 1994 with three federal agencies and 700 volunteers, and has recently risen to nine federal agencies involved with



The 12th Annual National Public Lands Day was observed Saturday at Canyon Lake. Team Randolph members, as well as local Boy Scouts, planted a variety of flowers. (Photo by Matt Kramm)

about 90,000 volunteers participating.

According to the Web site, National Public Lands Day tries to educate Americans about critical environment and natural resources issues, and the need for shared responsibility of the valued and irreplaceable lands.

Parents warned about dangers of unattended kids in cars

Safety tips from Kids in Cars

By Jennifer Valentin
Wingspread staff writer

With record daytime high temperatures this week, parents are reminded not to leave their children in the car while running errands.

Over the past five years, the United States has had more than 2,000 incidents occur where children were left alone in or around motor vehicles, according to the Kids In Cars Web site. So far this year, Kids In Cars has documented 138 incidents of the same kind and 67 children who have lost their lives in these incidents.

The temperature inside a car can reach deadly levels within minutes, even with the windows open a little. This can cause heat exhaustion, hypothermia or death.

According to the Web site, parents should make sure all young passengers have left the car after it is parked. If a child is locked inside a vehicle, they should be removed as soon as possible, or if the child appears hot or sick, 911 should be called immediately.

"Children aren't equipped to deal with the

heat as well as adults are," said Staff Sgt. Jeff Linville, wing safety and occupational health specialist. "Children can develop heat-related illnesses quicker than adults."

Eleven states, including Texas, currently have laws protecting children left unattended in cars.

People who see a child left alone inside a car and are concerned about the welfare or safety of the child, should call the police immediately, according to the Web site.

Kids In Cars was started by Terrill and Michele Struttman in 1999 after two toddlers left unattended in a running vehicle set it in motion and killed their 2-year-old son, Harrison.

The Web site also addresses the risks of abduction, setting a vehicle in motion, trunk entrapment and fatal car crashes, which can be caused by leaving a child alone in a car.

"Parents should remember that these kinds of tragedies can be prevented," Sergeant Linville said. "Safety should be parents' number one priority with their children, because they are ultimately responsible for their well-being."

Children should never be left alone in a vehicle, not even to run a quick errand. Kids in Cars offers parents the following tips to help keep their children safe.

- Plan ahead to use drive-through services where available.
 - Call dry cleaners and other businesses to schedule pick-up and drop-off services at your vehicle. Most businesses will bring service curbside.
 - Make advance arrangements for your child-care provider to meet you at your vehicle. Alternatively, plan extra time into your pick-up and drop-off routine to bring all children inside with you.
 - Use your debit or credit card at the gas pump.
 - Ask grocery store clerks to load your bags into your vehicle and return the grocery cart.
 - If possible, leave your children with a responsible adult. Arrange a baby-sitting co-op with your neighbor to give you an hour to run errands.
- Accidents can happen right in your own garage or driveway. Kids in Cars offers parents the following tips to help prevent accidents in or around vehicles.
- Keep vehicles locked at all times – even in the garage or driveway.
 - Never leave keys within the reach of children.
 - Teach children to never play in or around vehicles.
 - Consider installing cross-view mirrors or a backup detection device on your vehicle.
 - Make sure all young passengers have left your car after it is parked.
 - When a child is missing, check vehicles and trunks immediately.
 - If a child is locked inside a vehicle, get them out as quickly as possible. If they are hot or appear sick, call 911 or your local emergency number.

Fitness test poses running challenge



Tech. Sgt. Rodney Wideman runs outside the fitness center. (Photo by Steve White)

This article is the fourth and final in a series providing information about preparation for the Air Force fitness test.

By Jennifer Valentin
Wingspread staff writer

With the running portion of the annual physical training test accounting for 50 percent of a person's total score, it is important to know how to complete the run successfully. The Randolph Fitness Center and Health and Wellness Center offer some tips for improving run time. "The running section of the test is a health indicator," said Patrick Fay, fitness programs manager. "It measures your endurance and can indicate how you will perform in a deployed location." If running isn't a person's strong suit, there are exercises they can try before it is time to test. The test measures how long it takes the member to run 1.5 miles, Mr. Fay said. With that in mind, people should try to run that length or even more to prepare for the test. "Members should make a goal to run for at least 30 minutes continuously," he added. "They can reach that goal by



intermittently running and walking. For example, running a one-quarter mile, then running a one-half mile and so on, until they can reach the one and one-half mile." Eberle Park is the only approved testing location used on base. Members should try to become familiar with the running path at the park, and practice there at least once per week. The start and stop points are clearly marked for the fitness run and the area has limited exposure to traffic. "Riding a bike or using an elliptical machine are good options to strengthen the legs," said Kim Houk, HAWC exercise physiologist. "Cross-training between running and the machine is a good way to develop endurance." During the running test, members should be as comfortable as possible so they can focus on the task at hand.

"Comfortable running shoes that fit correctly are a must," Ms. Houk said. "Local running shoe stores can assist you in finding the right fit if you need help." People should also dress for the weather, she added. "For the season we are in now, light colored clothing and lightweight fabric should be worn," Ms. Houk said. Plenty of water should be handy while running. "Members should drink four to six ounces of water 30 minutes before and after their test. They should also drink water every 15 to 20 minutes during running sessions," Mr. Fay added. "Hydration is key when running." According to Air Force Instruction 10-248, people should stop running if at any time during the test they feel chest pain, shortness of breath or dizziness. No physical assistance from anyone or anything is permitted during the run, however, pacing help is allowed if there is no physical contact and it isn't a obstacle to others, according to the AFL. Also, runners must stay on the course at all times during the test. For more information on fitness tips, call the HAWC at 652-2300 or the fitness center at 652-4311.



Intramural Bowling Standings		
As of September 19		
Team	W	L
AMO	28	4
CS	26	6
AFPC	20	12
DPSG/PSNWV	20	12
DFAS	20	12
SVS	20	12
AETC/SC	20	12
AETC/FM	20	12
SFS	18	14
AFSVA	18	14
OSS	14	18
CPTS	14	18
AETC/LG	14	18
AFMA	12	20
JPPSO	12	20
AFPOA	12	20
AFSAT	8	24
AFPC/ESC	8	24
340 FTG	8	24
MED GP	6	26

TEAM SCRATCH SERIES	
Team	Score
AFPOA	2831
SVS	2651
JPPSO	2642
TEAM HANDICAP SERIES	
Team	Score
SFS	3275
DPSG/PSNWV	3246
CS	3137
TEAM SCRATCH GAME	
Team	Score
AFSVA	946
AETC/SC	942
AFMA	890
TEAM HANDICAP GAME	
Team	Score
AFPC	1154
AFPC/ESC	1125
AMO	1089



GOLF STANDINGS	
as of September 23	
TEAM	POINTS
AETC SC/CSS	72.0
AFSAT-SVS	71.5
AFPC	66.0
12 LRD	63.0
19 AF	62.5
AFMA	60.0
AETC DO-IG	58.5
AETC LG	44.5



The "Fit to Fight" column recognizes Team Randolph members who achieve an "excellent" rating on the Air Force Fitness Test.

- 100 percent**
99th Flying Training Squadron
Charles Shumaker
- 90 percent and above**
99th FTS
James Garrett
Lynch Sean
12th Operations Support Squadron
Gary Daugherty

Ro-Hawk runners



The Randolph Ro-Hawk Girls Cross Country Team placed third overall at the Feast Meet that took place recently at Lackland. Team members are (from left to right) Jenovia Morrison, Leanna Matthews, Jenada Morrison, Elizabeth Briggs and Tamoya Morrison. (Photo by Edward Padilla)

SPORTS BRIEFS

Coaches needed
The fitness center is looking for qualified coaches for the 2006 varsity women's basketball team. The season runs through March. Teams will play in local league tournaments and throughout the state. Interested parties will need to fill out an Air Force Form 303 and submit it to the fitness center. For more information, call Rikk Prado at 652-2955.

Oktoberfest
The sports and fitness center holds an Oktoberfest-themed event Saturday at 9 a.m. at Eberle Park. Activities include a 5-kilometer fun run and walk, half-court basketball games and sand volleyball. Bratwurst will be served. The event is sponsored by Gatorade, Aquafina and Propel.

Ro-Hawks sink Lytle Pirates, 44-14

By Jackie Harry
Wingspread contributor

While the threat of severe weather from Hurricane Rita was gone by game time, the Randolph High School Ro-Hawks brewed up a storm of their own and shipwrecked the Lytle High School Pirates 44-14 Sept. 23 at Lytle.

The victory was never in question as Randolph built a 37-0 lead and cruised to an easy win against the overmatched Lytle squad.

Jace Merrell, Sean Applewhite and Zach Collins scored two touchdowns each to lead the overpowering Ro-Hawks to a 4-1 record.

"Lytle was a perfect team to get our guys ready for district play," said Randolph Coach Pete Wesp.

Just three minutes into the game, quarterback Elliott Ortiz threw a 49-yard touchdown pass to Applewhite to get the scoring barrage underway. Scott Page kicked the extra point for a 7-0 Ro-Hawk lead.

Halfway through the quarter, the Ro-Hawks scored again when Merrell took the ball over from the four-yard line.

Any momentum the Pirates hoped to



Sean Applewhite carries the ball downfield against the Lytle Pirates Sept. 23. He scored two touchdowns in the game. (Photo by Nick Bennett)

gain to get on the board was halted when Mike Martin recovered a Lytle fumble to keep the score 14-0 at the end of the first quarter.

In the second quarter, Page booted a 33-yard field goal to increase the lead to 17-0. Shortly after, Jonathan Flores gave Randolph great field position with a punt return to the 41-yard line. Then, with 36 seconds left in the half,

Randolph all but put the game out of reach when Ortiz hit Collins with a scoring strike to give the Ro-Hawks a 24-0 halftime advantage.

Things went from bad to worse for the Pirates when Applewhite picked off a pass two minutes into the second half and returned it 35 yards for a touchdown and a 31-0 lead.

Another pass from Ortiz to Collins added to the Randolph scoring binge later in the third quarter and put the Ro-Hawks up 37-0.

Two late scores for Lytle made the score 37-14 before Merrell ran in his second touchdown of the game with five minutes to play to seal the 44-14 win.

Merrell led the 285-yard Ro-Hawks ground attack with 15 carries for 128 yards.

Ortiz finished with a 4-for-8 passing performance for 114 yards and three scores.

Kyle Kuhl led the defense with 11 tackles. Lance Copeland had nine tackles and two sacks, and Ortiz had nine tackles.

Randolph has no game tonight and will be back in action Oct. 7 against Comfort.

Tips offered to get more exercise during day



Master Sgt. Chuck Polit (left) and Tech. Sgt. Ronnie Taylor walk while they discuss work-related issues at the Air Force Personnel Center. (Photo by Steve White)

By Jennifer Valentin
Wingspread staff writer

If you have a job where sitting is a big part of the routine and you're looking for a way to incorporate more exercise into the day, there are many options worth trying.

The fitness center and the American Heart Association offer some advice.

"We have all heard that leading more active lives is a great way to improve our health," said Patrick Fay, fitness programs manager. "Living an active life isn't the same as working out five times per week. It's not as rewarding, but it's not as demanding either."

Someone who finds ways to stay active throughout the day will burn more calories than someone who doesn't find time. Work takes up a significant part of the day, and increasing physical activity during this time can be beneficial, according to the AHA.

Walking is the easiest way to increase physical activity while at work. Activities such as brainstorming project ideas with co-workers while taking a walk, walking down the hall to speak to someone or taking the stairs instead of the elevator, are great ways to

incorporate more activity into a sedentary day, according to the AHA. Walking around the building during a break or lunchtime is another way to get exercise.

"Instead of using the convenience of e-mail or phone calls, take a walk to visit someone you have to talk to," Mr. Fay said. "Parking farther away from your office or destination is a good way to incorporate more walking into the day."

If running errands during the day, and they are close by, try walking while doing them instead of driving.

Another way to get some more exercise during the day is to join a sports team or even start one within the office, according to the AHA. This will help motivate people to become more active. Scheduling an exercise time on the daily calendar will help people stick to it, and treat it as any other important appointment.

"It's not always easy to have an active lifestyle when you're stuck at a desk all day, but it can be the little things you do that can help increase the level of physical activity, and ultimately lead you toward better health," Mr. Fay said.

For more information, call the fitness center at 652-4311 or visit www.americanheart.org.

